



SUMMER SEMINARS at Cape Cod

July 21 - 25, 2014

Eliana Gil

**Sand Therapy Integrated
with Play Therapy for
Families, Couples, & Groups
15 hours, Monday - Friday**

July 28 - August 1, 2014

Paris Goodyear-Brown

**Taming the Trauma:
Using Flexibly Sequential Play Therapy
to Treat Traumatized Children
15 hours, Monday - Friday**

PLUS!

**Afternoon session:
Case Consultation &
Treatment Planning
with Eliana Gil
(July 21-25)**

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Sand Therapy Integrated with Play Therapy for Families, Couples and Groups

Dates: July 21-25 (Monday-Friday) **Hours:** 9:00-12:15 daily **CEUs:** 3 hours per day, 15 total

Sand therapy, a type of psychotherapy in which the client uses a small sandbox and miniatures for self-expression and self-discovery, is usually thought of as an individual process for children, youth or adults. However, sand therapy has great potential to help clinicians address issues systemically. This workshop will demonstrate how to integrate sand therapy with directive and nondirective play therapy strategies in order to help couples, families, or groups identify and strengthen positive interactions and connections as well as repair those that are no longer useful.

Working with couples, families, and groups gives clinicians opportunities to look at interactional patterns, methods of communication, and problem-solving strategies. Play-based interventions in the sand can decrease ambivalence about raising issues more directly, can broaden language engaging the listener in a different way, and can give rise to metaphors that can become useful for ongoing processing of difficult issues.

Participants will have an opportunity to work in small groups to address common concerns such as burnout, balancing work and life, and other developmental life issues. Opportunities will also be available to do countertransference work in the sand. Finally, we will watch and process clinical material in actual play therapy videos and slides. Come prepared to have daily experiences in the sand!

Learning Outcomes After the session, participants will be able to:

1. Describe two directive sand therapy techniques, integrated with play therapy, to advance therapeutic goals.
2. Describe two nondirective sand therapy techniques, integrated with play therapy, to advance therapeutic goals.
3. Name two play therapy techniques that can be utilized in the sand box.
4. Name two couple and family therapy issues that can be addressed by integrating play therapy and sand therapy.
5. Describe two ways that play and sand therapy can help clinicians learn about family, couple or group dynamics.
6. List two ways that countertransference can be addressed through sand and play therapy.
7. Describe two ways to invite couples to participate in sand therapy integrated with play therapy.
8. Describe two activities that couples can do at home to promote and deepen their play and sand therapy in the office.

NEW! Afternoon session: (We held an afternoon session with Dr Gil for the first time last year and we are pleased to offer this option again. It's a small group, so register early!) **The morning and afternoon sessions are stand-alone; you can attend one or both.**

Advanced Case Consultation & Treatment Planning: The Use of Integrative Play Therapy with Children and Families

Dates: July 21-25 (Monday-Friday) **Hours:** 1:00-3:30 daily **CEUs:** 2.5 hours per day, 12.5 total

Dr. Gil will meet with a small group in the afternoon for clinical case discussions focused on: treatment planning, clarity in goal-setting, and observation and documentation of both nondirective and directive play therapy approaches. Each afternoon, one or two participants will present a case example, which will then be discussed with Dr. Gil, using a conceptual model for treatment planning developed by Dr. Gil over the last 30 years. This model will be provided in a grid that will allow the therapist to identify the treatment goals and then select integrated play therapy activities that might best advance that goal. Salient issues will be identified for general discussion, counter-transference work will be done each day, and the larger group will have some time to present brief questions for discussion. Special focus will be provided on the art of integration, that is, how you select specific approaches or techniques at particular times in the therapy process. This can often be challenging to play therapists who have one primary mode or approach and question how to make smooth transitions that optimize success.

Learning Outcomes After the session, participants will be able to:

1. Explain how to use a grid to prioritize and specify integrated play therapy treatment goals and objectives.
2. Explain how to assess risk factors and prioritize integrated play therapy goals based on those factors.
3. Articulate the rationale for thinking systemically/contextually about presenting problems focusing on child symptoms.
4. Describe two ways to "think play" in reference to children and family problems.
5. Explain how to formulate treatment goals with measurable objectives.
6. Describe two variables to be considered when selecting therapy approaches in an integrated play therapy approach.

Presenter: Eliana Gil, Ph.D., RPT-S, ATR, is in group private practice at the **Gil Institute for Trauma Recovery and Education** in Fairfax, Virginia. Dr. Gil is also Director of **Starbright Training Institute for Child and Family Play Therapy**. She has worked in the field of child abuse prevention and treatment for the last forty years. Dr. Gil also consults and trains locally and across the country and she is an adjunct faculty member at Virginia Tech's Family Therapy Department. She is a Registered Play Therapy Supervisor, Registered Art Therapist, and a licensed Marriage, Family, & Child Counselor.



She has written numerous materials on child abuse and related topics and has a number of educational videotapes that feature her work available through Guilford Press, as well as a self-published videotape on *Family Play Therapy*. Her most recent books are *Family Play Therapy, Working with Children with Problem Sexual Behaviors* (with Dr. Jennifer Shaw), *Helping Abused and Traumatized Children: Integrating Directive and Nondirective Approaches* and *Helping Children Heal from Interpersonal Trauma: The Power of Play*. Dr. Gil is a well-known lecturer, educator, author, and clinician. She is bilingual and bicultural, originally from Guayaquil, Ecuador.

Taming the Trauma: Using Flexibly Sequential Play Therapy to Treat Traumatized Children

Dates: July 27 - August 1 (Monday-Friday) **Hours:** 9:00-12:15 daily **CEUs:** 3 hours per day, 15 total

This components-based model demystifies play-based trauma treatment by outlining the scope and sequence of trauma-specific work with children. Integrating nondirective and directive approaches, this model provides a theoretical scaffold at each point in treatment that supports the selective use of play-based interventions while also demonstrating the traumatized child's self-directed use of the playroom to heal.

The clinical treatment of children is becoming more and more evidence-based. As play therapists, it is necessary that we be able to explain our treatment choices in view of emerging best-practices in the field of child therapy at large. Grounded in a prescriptive paradigm, this new model, flexibly sequential play therapy (FSPT), translates evidence-informed trauma treatment for children into a sequence of play-based component modules. Each component represents an important dimension of trauma treatment and articulates both a specific treatment goal and accompanying interventions. The child's natural, metaphorically energized use of the playroom is demonstrated through a multitude of case examples and augmented with a variety of prop-based play therapy interventions. The model differentiates between goals of trauma treatment that are best accomplished through non-directive methods and goals that are best served by cognitive-behavioral play therapy interventions, expressive therapy techniques and dyadic treatment approaches.

The workshop will include the following topics:

- * Using a child's safety metaphors to create a safe place for trauma processing
- * Assessing a client's current coping strategies and augmenting the adaptive ones
- * Soothing the child's physiology
- * Ensuring that caregivers are facilitative partners at key phases of treatment
- * Increasing emotional literacy
- * Delivering gradual exposure exercises in a developmentally sensitive way through play
- * Building a coherent trauma narrative that integrates somatosensory information related to the trauma
- * Addressing the child's thought life (dealing with cognitive distortions)
- * Making positive meaning of the post-trauma self
- * Saying goodbye effectively in treatment.

Didactic teaching will be interwoven with experiential activities, case examples and video clips.

Learning Outcomes: After the workshop, participants will be able to

- 1) delineate the components of the FSPT model.
- 2) articulate several self-directed ways in which children use the playroom to increase their sense of safety and security.
- 3) describe several play-based interventions that decrease a child's physiological arousal.
- 4) explain several play therapy techniques that assist clients in challenging and restructuring cognitive distortions.
- 5) describe several interventions that help parents co-regulate their children more effectively.
- 6) list four play therapy mediums that can be used to facilitate trauma narrative work.
- 7) list five play therapy interventions that help expand a child's emotional vocabulary.
- 8) explain one metaphorical way in which neurophysiological dysregulation is explained to families in this model.

Presenter: Paris Goodyear-Brown, LCSW, RPT-S is a Licensed Clinical Social Worker and a Registered Play Therapist-Supervisor with 20 years of experience in treating trauma and attachment disturbances. She is an Adjunct Instructor of Psychiatric Mental Health at Vanderbilt University, guest lecturer for several universities in middle Tennessee, maintains a private practice, and has an international reputation as a dynamic speaker and innovative clinician. She is best known for developing clinically sound, played-based interventions that are used to treat a variety of childhood problems and has received the APT award for Play Therapy Promotion and Education.



She is the author of multiple books, chapters and articles related to child therapy. Her newest books include *Tackling Touchy Subjects; the Handbook of Child Sexual Abuse: Identification, Assessment, and Treatment*; *Play Therapy with Traumatized Children: A Prescriptive Approach* and *The Worry Wars: An Anxiety Workbook for Kids and their Helpful Adults*.

Our seminars are held in Eastham, MA, gateway to the Cape Cod National Seashore.
For more information about Cape Cod, Eastham, and lodging, please visit our website:



Questions? Contact Marcie Yeager, LCSW, RPT-S, Summer Seminars Coordinator: playtherapy@att.net or 337-993-7927

2014 REGISTRATION FORM

- 1) Choose the seminar(s) that you want to attend. Circle corresponding fee. Enter fees in last column
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July 21-25 (Mon-Friday) 9:00-12:15 15 CE hours	Sand Therapy Integrated with Play Therapy for Families, Couples and Groups Eliana Gil	\$395 until March 1	\$450 March 1st -May 1st	\$495 after May 1st	
July 21-25 (Mon-Friday) 1:00 - 3:30 12.5 CE hours	Advanced Case Consultation & Treatment Planning: The use of Integrative Play Therapy with Children and Families Eliana Gil	\$750 Due to the small size of this group, we recommend that you register as early as possible.			
July 28-Aug 1 (Mon-Friday) 9:00-12:15 15 CE hours	Taming the Trauma: Using Flexibly Sequential Play Therapy to Treat Traumatized Children Paris Goodyear-Brown	\$395 until March 1	\$450 March 1st -May 1st	\$495 after May 1st	
PLEASE COMPLETE THIS SECTION: Do you want to request a CE certificate? Yes ___ No: ___ If Yes, add certificate fee of \$25 at left. Note: You will receive credit for the program whether or not you elect to get a certificate. After you register, you will receive a receipt showing that you paid for registration. PlayTherapyWorks retains sign-in sheets for a minimum of 5 years and your credentialing organization can contact us for verification if needed.		SUBTOTAL			
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DISCOUNTS (Check off discount category below and enter discounted fee in column entitled "Your Fee") <input type="checkbox"/> Groups of 3 or more registering together (10% off seminar fees) <input type="checkbox"/> Participants who register for both the Eliana Gil and the Paris Goodyear-Brown morning seminars (\$50 off each seminar)					
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Questions?

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